

## I Individual Responsibility vs. Guilt

**In Combat:** Your responsibility in combat is to survive and to keep your buddies alive.

**At Home:** You may feel you have failed your buddies if they were killed or seriously injured. You may be bothered by memories of those wounded or killed.

### Battlemind Check (self & buddy)

Certain memories of the deployment keep bothering you? Still feeling guilt about things that happened in combat?

## N Non-defensive (Combat) Driving vs. Aggressive Driving

**In Combat:** Unpredictable, fast, rapid lane changes, straddling the middle line, keeping other vehicles at a distance, designed to avoid IEDs and VBIEDs.

**At Home:** Aggressive driving leads to speeding tickets, accidents, fatalities.

### Battlemind Check (self & buddy)

Chasing adrenaline highs by driving fast?  
Involved in driving accidents?

## D Discipline & Ordering vs. Conflict

**In Combat:** Survival depends on discipline and obeying orders.

**At Home:** Inflexible interactions (ordering and demanding behaviors) with your spouse, children, and friends often lead to conflict.

### Battlemind Check (self & buddy)

Relationships aren't going well? Ongoing conflicts over decisions?

As a Soldier it is your responsibility to help a fellow Soldier who is hurting, either physically or mentally.

As a Soldier and a leader you must work to ease any fear and shame that a Soldier might feel about seeking mental health support.

Taking care of your mental health is an important part of ensuring your combat readiness and 'readiness' in your personal life

The earlier Soldiers seek help for a mental health problem, the quicker they will feel better.

## Resources for Getting Help

Unit :

Chaplain / Leadership / Buddy

Post:

Troop Medical Clinic

Behavioral Health Service

Other:

Private Medical Clinic / Doctor

Private Mental Health professional

Military One Source 1-800-342-9647

(Army or Military One Source offers 6 sessions of no cost, off-post counseling; for individual or family; does not go in military treatment record and command is not notified)

### Remember:

Adapt your Battlemind skills to facilitate your transition home. Build on your strengths.

If you need or want help, get it. Listen to others if they are telling you to get help.

It takes courage to ask for help and it takes leadership to help a fellow Soldier get help.

Battlemind training was developed by Walter Reed Army Institute of Research,  
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# Battlemind Training

## Continuing the Transition Home

There are many common reactions to combat experiences

Combat reactions usually decrease and normalize after return home

For some, these common reactions persist, even when the combat dangers are no longer present

Combat reactions that don't shut off can interfere with your job performance, your relationships, and your ability to enjoy life—they may require medical assistance

The earlier you seek help the easier it will be for health professionals to provide care, and the quicker you will feel better

Early care protects careers and marriages

Professional treatment helps you "re-set" your battle-mind and battle-body back to pre-war levels

## What is 'Battlemind?'

**Battlemind:** Combat skills and battle mindset sustained your survival in the war-zone...

**Battlemind** is the Soldier's inner strength to face fear and adversity in combat with courage.

*But Battlemind may be "hazardous" to your social & behavioral health back on the home-front...if it isn't transitioned*

**"Battlemind Check" provides a way for Soldiers to check themselves or their buddies, and identify when help may be needed.**

## **B Buddies (Cohesion) vs. Withdrawal**

**In Combat:** No one understands your experience except your buddies who were there with you.

**At Home:** May prefer to be with battle buddies rather than with spouse, family, or other friends. May avoid speaking about yourself to friends and family.

### **Battlemind Check (self & buddy)**

Felt close to buddies over there but now feel alone?  
Not connecting with loved ones?

## **A Accountability vs. Control**

**In Combat:** Maintaining control of weapon and gear is necessary for survival.

**At Home:** Become angry when someone moves or messes with your stuff, even if insignificant. Nobody cares about doing things right except for you.

### **Battlemind Check (self & buddy)**

Overreacting to minor events? Still having trouble letting family and friends share in making decisions? Trying to control things that don't really matter?

## **T Targeted vs. Inappropriate Aggression**

**In Combat:** Soldiers make split second decisions that are lethal in a highly ambiguous environment, which keeps you alert and alive.

**At Home:** Overreactions to minor insults. Inappropriate aggressiveness, assault, spouse abuse, snapping at the kids or buddies or your NCO.

### **Battlemind Check (self & buddy)**

Still snapping at the kids or buddies? Getting into fights or heated arguments? Avoiding people?



# **Battlemind Training**

## **Continuing the Transition Home**

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## **T Tactical Awareness vs. Hypervigilance**

**In Combat:** Survival depends on being aware at all times of your surroundings and reacting immediately to sudden changes.

**At Home:** You may feel keyed up or anxious.

### **Battlemind Check (self & buddy)**

Still jumping at loud noises...then staying revved up? Still have trouble with sleep or nightmares? Drinking to calm down or to help you sleep?

## **L Lethally Armed vs. Unarmed**

**In Combat:** Carrying your weapon at all times was mandatory and necessary.

**At Home:** Need to have weapons on you, in your home and/or car at all times, believing that you and your loved ones are not safe without them.

### **Battlemind Check (self & buddy)**

Threatened someone with a weapon? Carry a loaded weapon in your car? Keep an unsecured, locked and loaded weapon at home?

## **E Emotional Control vs. Anger or Detachment**

**In Combat:** Controlling your emotions during combat is critical for mission success.

**At Home:** Failing to display emotions, or only showing anger, around family and friends will hurt your relationships. You may be seen as detached or uncaring.

### **Battlemind Check (self & buddy)**

Can only show anger or detachment? Feeling numb? Friends & loved ones tell you that you have changed? Having relationship problems?

## **M Mission & OPSEC vs. Secretiveness**

**In Combat:** Talk about mission only with those who need to know. Can only talk about combat experiences with unit members.

**At Home:** Soldiers may avoid sharing their deployment experiences with spouse or significant other.

### **Battlemind Check (self & buddy)**

Haven't shared your deployment experiences with those closest to you? Get angry when someone asks you about your deployment experiences?